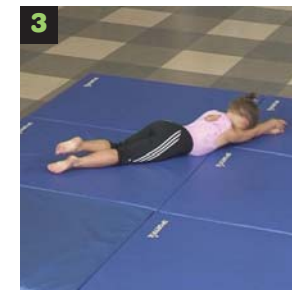
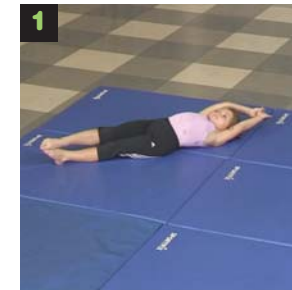


Log Rolling

- Lie on your back, with your arms above your head
- Roll sideways from your back to your tummy and over again to your back

Questions

Can you start and finish in a saucer shape?



Log Rolling

Further teaching points

- Legs should be straight and together, feet stretched
- Try to keep body straight all the way through the roll

Adapting the activity

Enable

- Practise trap the mouse
- Lie on back and move from straight to saucer to straight
- Lie on tummy and move from straight to sky diver to straight
- Use hands to assist with roll

Challenge

- Roll and finish in a saucer or dish shape
- Roll and finish in a sky driver or an arch shape
- Roll using dish and arch shapes

Health, fitness and safety

Improves

- Posture
- Strength of stomach and back

Links to future learning

> Rolling

